

Hot Weather Tips

The following tips are recommended for protection against heat-related illnesses during summer and fall months:

Do:

- Drink plenty of fluids.
- Wear loose fitting cotton clothing.
- Wear a hat with a wide brim when exposed to direct sunlight.
- Ask your doctor if you need to make changes to daily medications when exposed to high temperatures.
- Keep electric lights down low or turned off.
- Keep shades drawn and blinds closed, but windows slightly open.
- Take a cool bath or shower periodically.
- Keep in contact with your family and friends.

Don't:

- Perform unnecessary physical activity if you are outside or in a non-air-conditioned building.
- Go out in the heat or direct sunlight whenever possible.
- Eat heavy meals.
- Drink alcoholic beverages, coffee and cola.
- Use your oven.
- Wait in, or leave anyone unattended in, closed cars or other vehicles because heat build-up exceeds tolerance levels very quickly. The result can be serious illness or death.

Common symptoms of heat related conditions include:

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| - Profuse sweating | - Weakness | - Dizziness |
| - Headache | - Dim or blurred vision | - Cold damp skin |
| - Extreme tiredness | - Nausea | - Hot dry skin |

**IF YOU NEED EMERGENCY MEDICAL ATTENTION,
CALL YOUR DOCTOR OR 911 IMMEDIATELY.**

Cold Weather Tips



The following tips are recommended for protection against cold-related illnesses during winter months:

Do:

- Keep your home at least 68 degrees during the day and 63 degrees at night.
- Wear layers of warm, dry clothing, including a head covering and gloves if you have to go outside.
- Drink warm non-alcoholic beverages such as tea, coffee, hot chocolate and soup.
- Maintain nutrition and get plenty of rest.
- Ask your doctor if you need to make changes to daily medications when exposed to cold temperatures. Some medications may lower the tolerance for cold.
- Talk to your doctor about getting a flu shot every year if you are 65 or older, disabled, or have a chronic illness.
- Be aware that space heaters can be a fire risk. Follow directions for safe use.
- Keep in contact with your family and friends.

Don't:

- Use an oven for heating the room.
- Go outside unless absolutely necessary.

Common symptoms of cold related health problems include:

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| - Still muscles | - Puffy face | - Mental confusion |
| - Slowed breathing | - Poor physical condition | |

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